

## Winter 2005

The *School Food Services News* is published three times per year (fall, winter and spring) and is available on the School Food Services Web page.

# NEWS

## School Food Services

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[www.dese.mo.gov/  
divadm/food/  
staff.html](http://www.dese.mo.gov/divadm/food/staff.html)

## The Child Nutrition and WIC Reauthorization Act of 2004

The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265, made a number of changes to the National School Lunch Program and the School Breakfast Program. A summary of the provisions that impact Local Education Agencies (LEAs) and an implementation schedule are provided.

### *Provisions implemented upon enactment:*

- Adds Seamless Summer to law.
- For military families that live in “privatized” housing, the housing allowance is not to be considered a part of family income.
- All LEAs must have a local wellness policy in place by June 30, 2006. The policy must contain goals for nutrition education and physical activity designed to promote student wellness and guidelines for all foods available during the school day, with the objectives of promoting student health and reducing childhood overweight.

### *Provisions to be implemented July 2004:*

- Free and reduced price meal applications will be valid for one year. Households are no longer required to report changes in



circumstances. A change in eligibility can occur as a result of verification.

- Runaway, homeless, and migrant students are categorically eligible for free meal benefits and are excluded from the verification sample.
- School officials verifying income eligibility must allow households to provide documentation of income for any point in time between the month prior to application and the time the household is required to provide income documentation.
- Cost accounting for severe need breakfast is eliminated. However, for school year 2003-2004, schools are still subject to cost-accounting procedures for severe need assistance. The Act retained the provision that

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*“Making a positive difference through education and service”*

### The Child Nutrition and WIC Reauthorization Act of 2004

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schools must have served 40 percent or more of their lunches to free or reduced price students in the second preceding year in order to receive severe need assistance.

#### Provisions to be implemented July 2005:

- Fluid milk must be offered in a variety of fat contents. All schools will be required to offer at least two fat levels. Flavored, unflavored, and lactose-free fluid milk may be offered.
- Restrictions on the sale of milk on school premises or during school events are prohibited.
- Requires household applications for free and reduced price meals.
- Household applications may be executed using an electronic signature if submitted electronically and the electronic application filing system meets USDA confidentiality standards.
- Verification procedures are revised. (Detailed explanation of the new verification procedures will be mailed to all LEAs).
- The date for determining the sample size for verification changes from October 31 to October 1.
- The date for the completion of verification changes from December 15 to November 15.
- Food safety inspections increase from one to two yearly. Each school must post a report on the most recent food safety inspection in a publicly visible location.
- Requires schools to implement a Hazard Analysis of Critical Control Points (HACCP) system for food safety.



#### Provision to be phased in:

- Direct Certification will be mandatory. Implementation will be phased in and goes into effect as follows:
 

July 2006:	LEA enrollment of 25,000 or more in the 2005-2006 school year.
July 2007:	LEA enrollment of 10,000 or more in the 2006-2007 school year.
July 2008:	Every LEA.

## 2004-2005 School Year Verification Procedures Update

Verification is annual confirmation of eligibility for free and reduced price meals under the National School Lunch Program (NSLP) or School Breakfast

Program (SBP). Verification must include either confirmation of income eligibility or confirmation that the child is included in a currently certified Food Stamp household or that a child is receiving Temporary Assistance.

#### Who is exempt from verification?

- Children who have been approved under Direct Certification procedures.
- Children who have been determined homeless by the school homeless liaison or by directors of homeless shelters where children reside.
- Income Eligible Head Start Students.
- Pre-K Even Start Students.
- Non-applicants approved by local officials.

Due to the new Child Nutrition and WIC Reauthorization Act of 2004, free and reduced priced applicants are eligible the entire school year if eligibility is correctly determined. For the verification process, households must be allowed to provide documentation that supports eligibility for any point in time between the month prior to application and the time the household is required to provide documentation of proof of eligibility. The Verification Guidance Handbook currently specifies that households selected for verification must document their income or categorical eligibility information for the most recent month available. That provision has been superseded. Updated guidance will be made available online within the next few months.

A new Free or Reduced Price Lunch Verification Summary Report was sent to all LEAs by the State agency this school year. It should be completed and returned to the State agency by February 15, 2005. This

summary is also available on the School Food Services Web site. To



download this form, please visit: [www.dese.mo.gov/divadm/food/PDF/Verification\\_Summary\\_worksheet.pdf](http://www.dese.mo.gov/divadm/food/PDF/Verification_Summary_worksheet.pdf). The instructions can be found at: [www.dese.mo.gov/divadm/food/PDF/Verification\\_Summary\\_Instructions.pdf](http://www.dese.mo.gov/divadm/food/PDF/Verification_Summary_Instructions.pdf).

For additional information, please contact the State agency office.



## Important Links

### MSFSA Web Site

The School Food Services Web site is linked to the Missouri School Food Service Association's (MSFSA) Web site. Check *Additional Sites of Interest* at the bottom of our home page. For more information about MSFSA, go to their Web site at [www.msfsa.net](http://www.msfsa.net).

### National Food Service Management Institute

Every year the National Food Service Management Institute (NFSMI) presents satellite seminars in April and October and live interactive teleconferences in January and August. Check the link on our home page under *Additional Sites of Interest*. The NFSMI Web address is [www.nfsmi.org](http://www.nfsmi.org). Click on *Educational Opportunities* for satellite seminar information.

### Resource Materials

New educational materials/resources will be provided to the LEA on our Web site: [dese.mo.gov/divadm/food](http://dese.mo.gov/divadm/food). Check the link on our home page under Resource Materials.

## Go for the Silver or Gold Award Introducing "The Healthier U.S. School Challenge"

Overweight children and the growing risk of obesity are serious concerns for school children in the United States. The U.S. Department of Agriculture (USDA) believes that schools and the National School Lunch Program (NSLP) should take a leadership role in helping students to make healthy lifestyle choices. USDA has recently initiated The Healthier U.S. School Challenge to recognize

schools that have already taken steps to improve their school nutrition environment in order to encourage other schools to follow their lead.

Elementary schools are the first to be targeted by the challenge and upper grade levels will be initiated next year. Elementary schools wishing to voluntarily participate in the challenge must complete an assessment form demonstrating that they meet the criteria for either Silver or Gold recognition. The first criterion is that schools must be enrolled as a Team Nutrition School. A school can verify enrollment or enroll at the Team Nutrition Web site: [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn). In order to check Team Nutrition status, go to the Web site and click on Schools Database. Enter the school's zip code only. Do not fill out any other information requested.

### Other challenge criteria

- Offer reimbursable lunches that demonstrate healthy menu planning practices and principles of the Dietary Guidelines for Americans and that meet USDA nutrient standards for school meals.
- Provide nutrition education to students.
- Provide students the opportunity for physical exercise.
- Maintain a NSLP Average Daily Participation of 70 percent or higher.
- Adhere to guidelines established by the Food and Nutrition Service (FNS) for foods served or sold in schools outside the NSLP.

By June 30, 2006, all Local Education Agencies (LEAs) will be required to establish a local school wellness policy that can include similar criteria as the Silver and Gold standards.

Take the challenge! Visit [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn) to review the standards and criteria, download the self-assessment form. Obtain the required approvals and submit the completed form to Laina Fullum at the State agency. Another helpful Web site is: [www.healthierus.gov/nutrition.html](http://www.healthierus.gov/nutrition.html).



## Accommodating Children with Special Dietary Needs in School Nutrition Programs

Recently there has been increasing emphasis on the importance of ensuring that children with disabilities have the same opportunities as other children to receive an education and education-related benefits, such as school meals.

Congress first addressed this concern in the Rehabilitation Act of 1973 and subsequently the Education of the Handicapped Act (now the Individuals with Disabilities Act). This led to a comprehensive law of the Americans with Disabilities Act (ADA), which broadens civil rights protections for Americans with disabilities.

The USDA nondiscrimination regulation (7CFR 15b), as well as regulations that govern the NSLP and the School Breakfast Program (SBP), make it clear that substitutions to the regular meal must be made for children who are unable to eat school meals because of their disabilities, when that need is certified by a licensed physician (licensed physicians include medical doctors and doctors of osteopathy).

Serving children with disabilities presents new challenges for food service staff. A complete guidance book, with information on how to handle situations that may arise, can be found at the following Web site: [www.fns.usda.gov/cnd/Guidance/special\\_dietary\\_needs.pdf](http://www.fns.usda.gov/cnd/Guidance/special_dietary_needs.pdf).

### *How are persons with a disability defined?*

A person with a disability is defined as any person who has a physical or mental impairment which substantially limits one or more major life activities, has a record of such impairment, or is regarded as having such an impairment. Major life activities includes caring for one's self, eating, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working.

### *What should a physician's statement say?*

A physician's statement must identify:

- The child's disability
- An explanation of why the disability restricts the child's diet.
- The major life activity affected by the disability.
- The food or foods to be omitted from the diet and the food substitutions.

### *What about allergies?*

Food allergies and intolerances are generally not disabilities unless they result in life-threatening anaphylactic reactions.

### *What about participants with other special dietary needs that are not considered disabilities?*

School food service may make food substitutions, at their discretion, for individual children who do

not have a disability, but who are medically certified as having special medical or dietary needs. Such determinations are made on a case-by-case basis. This provision covers those children who have food intolerances or allergies, but do not have life threatening reactions. Each special dietary request must be supported by a statement explaining the food

substitution and signed by a recognized medical authority.

### *Who is a recognized medical authority?*

The recognized medical authorities in Missouri are medical doctors (MDs), doctors of osteopathic medicine (DOs), nurse practitioners (NPs), and physician's assistants.

### *What is the responsibility of the school food service?*

- The school food service staff must make food substitutions or modifications for students with disabilities.
- Substitutions or modifications for children with disabilities must be based on a prescription written by a recognized medical authority.
- The school food service is encouraged, but not required, to provide food substitutions or modifications for children without disabilities, but with medically certified special dietary needs (certified by a recognized medical authority), who are unable to eat regular meals as prepared.
- Under no circumstances are school food service staff to revise or change a diet prescription or medical order.
- It is important that all dietary changes be documented in writing to protect the school and to minimize misunderstandings.

*Serving children with disabilities presents new challenges for food service staff.*

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### Accommodating Children with Special Dietary Needs in School Nutrition Programs

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- School diet orders do not need to be renewed on a yearly basis; however, schools are encouraged to ensure that the diet orders reflect the current dietary needs of the child.
- The school food service is required to offer special meals, at no additional cost, to the children who require dietary changes.
- Meals served to children requiring dietary changes are excluded from the nutritional analysis and are considered reimbursable without adhering to usual dietary patterns.

Additional information on potential funding sources and other helpful resources are included in USDA's guidance booklet (see link on page 4). The Department of Elementary and Secondary Education School Food Services Section Web site also provides a prototype form for recognized medical authorities to use for indicating dietary changes. Go to: [www.dese.mo.gov/divadm/food](http://www.dese.mo.gov/divadm/food) and click Most Requested Forms, then select Medical Statement for Student Requiring Special Meals.

## Sanitation Concerns

In order to prevent and fight against food-borne illnesses, the School Food Services Section recommends that all schools review the 1999 Missouri Food Code Handbook. The Food Code utilizes HACCP (Hazard Analysis of Critical Control Points) principles and establishes definitions. HACCP also sets standards for management and personnel, food operations, equipment, and facilities. Following are some sanitation highlights:

- Returned food and re-service of food: After being served or sold and in the possession of a consumer, food that is unused or returned by the consumer may not be offered as food for human consumptions unless the food is dispensed so that it is protected from contamination. The container must not be opened.
- No bare hand contact with ready-to-eat foods: Gloves, tongs, utensils, tissues, etc., must be used when handling ready-to-eat foods.

- Cold holding temperature is 41 degrees F, with the exception of refrigeration units existing previous to 1999, which may allow 45 degrees F.
- Refrigerated, ready-to-eat, potentially hazardous foods prepared and held refrigerated for more than 24 hours must be marked with the consumed by date of seven days if held at 41 degrees F and four days if held at 45 degrees F.
- Time controls on holding food: Food items cooked and removed from their temperature controls should be cooked, served, or discarded within four hours.
- Cooling requirements: From 140 degrees F to 70 degrees F – within two hours; from 70 degrees F to 45 degrees F or 41 degrees F – within four hours; or 45 degrees F – within four hours, if food is prepared using ingredients normally stored at room temperature, such as tuna.
- Single-service articles: Tableware, bags (bread bags), jars, plastic tubs, pickle barrels, placemats, stirrers, straws, toothpicks, and wrappers that are designed and constructed for one-time, one-person use, after which they are intended to be discard.
- Cooking temperatures:
  - ❖ 165 degrees F for poultry
  - ❖ 155 degrees F for ground beef and cut up meats
  - ❖ 145 degrees F for pork, beef, and fish
  - ❖ 140 degrees F for fruits and vegetables cooked for hot holding
  - ❖ Roast beef and pork: See the cooking chart on the USDA's Food Safety and Inspection Services Web site: [www.foodsafety.gov/~fsg/fsgfaq.html#meat](http://www.foodsafety.gov/~fsg/fsgfaq.html#meat), for cooking times and temperatures
    - 140 degrees F for holding and 41 degrees F for cooling



The 1999 Missouri Food Code Handbook is available on the Missouri Department of Health and Senior Services (DHSS) Web site: [www.dhss.mo.gov/FoodCode/index.html](http://www.dhss.mo.gov/FoodCode/index.html).



## New Supervisors

The School Food Services Section is pleased to announce two new employees: Dana Doerhoff and Joanna Jordon. Dana is working with the Northeast Region, and Joanna will be traveling the entire state.